

Indoor Cycling

Ages 14 years & up

Indoor Cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike resistance. This class simulates an outdoor ride and increases cardiovascular capacity by combining endurance, interval training and cadence control. Some Tuesday classes may add strength training intervals. Instructed by Annmarie Anfield (TU) and Sherri Mason (W).

Location: Heritage Crossing Field House

Drop In: \$7/\$8

Max: 10

Bikes can be reserved 24 hrs in advance by calling 815-467-8015.

Date	Day	Time	Res/Nonres
Jan 8-Mar 19	TU	5:45-6:30 AM	\$59/\$76
Jan 9-Mar 20	W	5:30-6:15 PM	\$59/\$76
Apr 2-May 28	TU	5:45-6:30 AM	\$49/\$62
Apr 3-May 29	W	5:30-6:15 PM	\$49/\$62

“Ab”Solution Ride

Ages 14 years & up

Riders will go on a 40 minute ride followed by 20 minutes of abdominal work. Instructed by Sherri Mason.

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	7-8 PM	\$70/\$87
Apr 1-May 20	M	7-8 PM	\$51/\$63

Pilates & Balance

Ages 14 years & up

Focus on developing your core including abdominal muscles, oblique muscles and the muscles of your back. Participants will perform fundamental Pilates exercises and then extend their practice to include movements to enhance balance. Instructed by Sherri Mason (M) and Mary Magee-Huth (TH).

Location: Arrowhead Community Center

Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	4:15-5:15 PM	\$42/\$54
Apr 1-May 20	M	4:15-5:15 PM	\$31/\$39

Pilates

Ages 14 years & up

Pilates, Pilates, nothin' but Pilates. Build your core including, abdominal muscles, oblique muscles and the muscles of your back while performing fundamental Pilates exercises. Instructed by Sherri Mason.

Location: Arrowhead Community Center

Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 9-Mar 20	W	4:15-5 PM	\$31/\$43
Apr 3-May 29	W	4:15-5 PM	\$25/\$35

Pilates Strength

Ages 14 years & up

Pilates movements incorporated with weights and apparatus to target the core and so much more. Instructed by Kim Gregory.

Location: Arrowhead Community Center

Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	6:30-7:15 PM	\$31/\$43
Apr 1-May 20	M	6:30-7:15 PM	\$23/\$31

Step Aerobics

Ages 14 years & up

Let's bring it back! A fun, high intensity, nonstop moving 45 minute class. Fun and easy choreographed moves with energetic music. Easy to learn for all levels! Instructed by Kim Gregory.

Location: Arrowhead Community Center

Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Apr 1-May 20	M	5:30-6:15 PM	\$23/\$31

Full Body Tone

Ages 14 years & up

Sculpt, tone and strengthen the entire body with weights, bodyweight and other studio equipment. Instructed by Sherri Mason.

Location: Arrowhead Community Center

Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 10-Mar 21	TH	4:30-5:15 PM	\$31/\$43
Apr 4-May 30	TH	4:30-5:15 PM	\$25/\$35

Saturday Cardio Challenge

Ages 14 years & up

Kick it up a notch with Kim each Saturday morning as you kickbox or step your way to fitness. Improve cardiovascular fitness, while you burn up fat and calories with this weekend challenge. Instructed by Kim Gregory.

Location: Arrowhead Community Center

Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 12-Mar 23	SA	8:30-9:15 AM	\$31/\$43
Apr 6-June 1*	SA	8:30-9:15 AM	\$23/\$31

**No class May 25*

Barre' Strength

Ages 14 years & up

A fun and challenging workout that fuses the principles and techniques of standing Barre' work. A total body workout with equal focus on range of motion and muscle strength with repetition and mind/body connection. Instructed by Annmarie Anfield.

Location: Arrowhead Community Center

Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 9-Mar 20	W	6:30-7:15 PM	\$31/\$43
Apr 3-May 29	W	6:30-7:15 PM	\$25/\$35

2019 Winter/Spring Fitness Classes

The Fitness Staff at Channahon Park District are proud to offer you a group exercise program that offers a wide variety of classes for all fitness levels. Join our staff for a fun workout and continue your commitment to be fit.

Adult Fitness Registration Options

Option #1

Unlimited Class Pass: Attend as many classes as you like with flexibility. The unlimited pass allows you to pick and choose which classes you want to attend from day to day and week to week. Try as many as you like and mix up your workouts. The unlimited passes are already discounted therefore additional discounts will not be applied.

- Yearly Unlimited Pass*: \$595R/\$775NR paid in full (includes all sessions)
**add a one year Dimensions Fitness Center membership for \$140R/\$180NR*
- Yearly EFT Unlimited Pass*: \$50R/\$65NR per month (includes all sessions)
**add a fitness center membership for \$13R/\$16.50NR per month*
- Unlimited passes may be purchased by session. The session fees are:

Winter*	January 7-March 23	11 weeks	\$155R/\$202NR
Spring	April 1-June 1	9 weeks	\$127R/\$171NR

**No class March 25-30*

Option #2

Program Registration: Simply register for the specific class or classes that you plan to attend. Fitness Center members will receive 20% off of their individual program registration. Not a member and registering for more than one full price class? Save \$5 per class after the first class is paid in full. Only one discount per person.

Option #3

Walk In:

Not sure of your schedule or which classes you prefer? Walk-ins are welcome and allow you to pick and choose which classes to attend. Fee for most classes is \$5R or \$6NR. Walk-in fee for Spin classes, Zumba, 1.25 hour classes and some occasional specials is \$7R or \$8NR. Fitness Members save \$1 on the walk in fee.

Cancellations – We try very hard to avoid cancelling classes, however, occasionally we do need to cancel a class. We will send an e-mail to registered participants and to unlimited members whenever possible as soon as we are aware of the cancellation. *Classes that consistently have less than 4 participants are at risk of being cancelled. If the decision is made to cancel a class, registered participants and unlimited participants will be notified and the website will be updated to reflect the change.*

Strictly Strength

Ages 14 years & up

A more traditional approach to strength using tried and true exercises along with some new variety to get a total body workout. Instructed by Annmarie Anfield.

Drop in: \$5/\$6

Date	Day	Time	Res/Nonres	Location
Jan 9-Mar 20	W	5:45-6:30 AM	\$31/\$43	HCFH
Jan 9-Mar 20	W	9:30-10:15 AM	\$31/\$43	ACC
Apr 3-May 29	W	5:45-6:30 AM	\$25/\$35	HCFH
Apr 3-May 29	W	9:30-10:15 AM	\$25/\$35	ACC

Zumba with Toning

Ages 14 years & up

A fun, energetic fusion of Latin inspired dance and fitness moves taught by a certified Zumba instructor. Class will also incorporate a variety of toning exercises. Instructed by Kim Gregory (M) and Sonja DeGirolami (W).

Location: Arrowhead Community Center

Drop In: \$7/\$8

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	5:30-6:15 PM	\$59/\$76
Jan 9-Mar 20	W	5:30-6:15 PM	\$59/\$76
Apr 3-May 29	W	5:30-6:15 PM	\$49/\$62

50+ Fitness

Get strong and fit! Light aerobic movement will get your blood flowing and body moving. Strength exercises build muscle and combat osteoporosis while stretching keeps you lean and flexible. Instructed by Teryl Lundeen.

Location: Arrowhead Community Center

Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	8:30-9:30 AM	\$42/\$54
Apr 1-May 20	M	8:30-9:30 AM	\$31/\$39

Forever Fit

Ages 14 years & up

A total body strength training and conditioning workout utilizing a variety of techniques and fitness equipment. This full body workout will include balance exercises, stretching, strength training and light cardio to challenge core strength, build without bulk and improve flexibility to be forever fit. Instructed by Chris McCabe.

Location: Arrowhead Community Center

Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 8-Mar 19	TU	5:15-6:15 PM	\$42/\$54
Apr 2-May 28	TU	5:15-6:15 PM	\$34/\$44

2019 Winter/Spring Schedule at a Glance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 AM <i>HCFH</i>	Circuit Strength	Indoor Cycling	Strictly Strength	Power Yoga	Circuit Strength	
8:30-9:15 AM <i>ACC</i>			Barre Yoga Fusion		Cardio Kickboxing with Strength	
8:15-9:00 AM <i>ACC</i>		hardCORE Yoga		Vinyasa Yoga		
8:30-9:30 AM <i>ACC</i>	50+ Fitness					Saturday Cardio Challenge (8:30-9:15)
9:30-10:15 AM <i>ACC</i>			Strictly Strength			Yogalates (9:30-10:30)
9:45-10:45 AM <i>ACC</i>	Gentle Yoga					
4:15-5:15 PM <i>ACC</i>	Pilates & Balance		Pilates (4:15-5)			
4:30-5:15 PM <i>ACC</i>				Full Body Tone		
5:15-6:15 PM <i>ACC</i>		Forever Fit				
5:30-6:15 PM <i>ACC</i>	Zumba w/ Toning Step Aerobics		Zumba with Toning Indoor Cycling (HCFH)	Cardio Kickboxing with Strength		
6:30-7:15 PM <i>ACC</i>	Pilates Strength		Barre Strength			
6:30-7:30 PM <i>ACC</i>				Yoga Intensity		
6:30-7:45 PM <i>ACC</i>		Yoga				
7:00-8:00 PM <i>HCFH</i>	"Ab"Solution Ride					

Circuit Strength

Ages 14 years & up

An early morning total body workout with timed stations using a variety of equipment and your own body weight. Instructed by Annmarie Anfield.

Location: Heritage Crossing Field House
Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	5:45-6:30 AM	\$31/\$43
Jan 11-Mar 22	F	5:45-6:30 AM	\$31/\$43
Apr 1-May 20	M	5:45-6:30 AM	\$23/\$31
Apr 5-May 31	F	5:45-6:30 AM	\$25/\$35

Cardio Kickboxing with Strength

Ages 14 years & up

Participants will kick box for cardiovascular fitness combined with strength training intervals. You will also engage your core muscles and balance through core strengthening activities. Instructed by Kim Gregory (TH) and Annmarie Anfield (F).

Location: Arrowhead Community Center
Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 10-Mar 21	TH	5:30-6:15 PM	\$31/\$43
Jan 11-Mar 22	F	8:30-9:15 AM	\$31/\$43
Apr 4-May 30	TH	5:30-6:15 PM	\$25/\$35
Apr 5-May 31	F	8:30-9:15 AM	\$25/\$35

Yoga!

Yoga Intensity

Ages 14 years & up

Enjoy a stronger, faster paced yoga, to take yourself a little further. Practice includes yoga and weight bearing challenges, arm balances and inversions in this strength plus yoga class. Instructed by Kim Gregory.

Location: Arrowhead Community Center
Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 10-Mar 21	TH	6:30-7:30 PM	\$42/\$54
Apr 4-May 30	TH	6:30-7:30 PM	\$34/\$44

Vinyasa Yoga

Ages 14 years & up

Vinyasa style yoga is a moderate flowing yoga suitable for all levels. Learn to connect breath to movement and to build heat and strength in the body while you increase flexibility and improve stress reduction. Instructed by Angie Kapellas.

Location: Arrowhead Community Center
Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 10-Mar 21	TH	8:15-9 AM	\$42/\$54
Apr 4-May 30	TH	8:15-9 AM	\$34/\$44

hardCORE YOGA

Ages 14 years & up

Focus on toning your abdomen, strengthening your back, and creating a stronger center. Then flow into detoxifying power yoga poses to build muscular strength, and increase balance and flexibility...of course ending class with final relaxation. Instructed by Angie Kapellas.

Location: Arrowhead Community Center
Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 8-Mar 19	TU	8:15-9 AM	\$42/\$54
Apr 2-May 28	TU	8:15-9 AM	\$34/\$44

Yoga

Ages 14 years & up

Enjoy an easy moving workout incorporating traditional yoga techniques to increase strength and flexibility. Participants will benefit from increased relaxation, reduced stress, improved focus and the release of tension. Instructed by Teryl Lundeen.

Location: Arrowhead Community Center
Drop In: \$7/\$8

Date	Day	Time	Res/Nonres
Jan 8-Mar 19	TU	6:30-7:45 PM	\$51/\$65
Apr 2-May 28	TU	6:30-7:45 PM	\$42/\$53

Gentle Yoga

Ages 14 years & up

A gentler form of yoga. A slower paced practice that makes it more accessible to participants of all sizes, ages, and fitness levels. This class will remove all fears and challenges in doing yoga. Instructed by Teryl Lundeen.

Location: Arrowhead Community Center
Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 7-Mar 18	M	9:45-10:45 AM	\$42/\$54
Apr 1-May 20	M	9:45-10:45 AM	\$31/\$39

Yogalates

Ages 14 years & up

Basic strong yoga moves incorporated with Pilates based core movements for a relaxing yet toning and strengthening class. Instructed by Kim Gregory.

Location: Arrowhead Community Center
Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 12-Mar 23	SA	9:30-10:30 AM	\$42/\$54
Apr 6-June 1*	SA	9:30-10:30 AM	\$31/\$39

*No class May 25

Barre' Yoga Fusion

Ages 14 years & up

A fun and challenging workout that fuses the principles and techniques of standing Barre' work, Pilates core conditioning and yoga resulting in longer and leaner muscles. Barre' Fusion is a fun and innovative, strength, yoga and Pilates inspired workout designed to tone and sculpt all major groups and reshape your body while increasing flexibility and improving balance. Instructed by Annmarie Anfield.

Location: Arrowhead Community Center
Drop In: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 9-Mar 20	W	8:30-9:15 AM	\$31/\$43
Apr 3-May 29	W	8:30-9:15 AM	\$25/\$35

Power Yoga

Ages 14 years & up

A yoga class designed to build strength, endurance and flexibility. A class designed to flow at a pace to keep you fluid and energized as you challenge your mind and body. Instructed by Annmarie Anfield.

Location: Heritage Crossing Field House
Drop in: \$5/\$6

Date	Day	Time	Res/Nonres
Jan 10-Mar 21	TH	5:45-6:30 AM	\$31/\$43
Apr 4-May 30	TH	5:45-6:30 AM	\$25/\$35

New classes are continuously being added.

Visit www.ChannahonPark.org for the most up to date class schedule!